

Every 3 days  
someone in Hawaii  
dies from suicide.

## NO GET HURT Hawaii

### Know the warning signs of suicide:

- Talking about suicide
- Statements about feeling hopeless or worthless
- Loss of interest in things one cares about
- Giving away prized possessions
- Changes in sleeping and / or eating habits

### Help friends get help:

A suicidal person needs immediate help. If you think someone is considering suicide, call the Access Line for help: (808) 832-3100 from Oahu or 1-800-753-6879 from the neighbor islands. Or call 911.

Injuries are preventable.

[www.nogethurt.hawaii.gov](http://www.nogethurt.hawaii.gov)



A reminder from the Hawaii State Department of Health  
and its community partners.

